



Strathmore Venom Bench Staff Requirements

Purpose

The purpose of this document is to outline the Club's approach to bench staffing and ensure teams are adequately staffed. It defines bench staff roles and responsibilities and establishes clear expectations regarding coaching and management structure, hierarchy, and accountability.

Disclaimer

The Strathmore Lacrosse Club has limits on the number of positions an individual may hold. Coaches are permitted to be on a maximum of two benches. If an individual is the Head Coach of one team, they may only serve as an Assistant Coach on one additional team, and their primary time and commitment must be prioritized to the team for which they are the Head Coach.

The Board may re-evaluate these limits on a case-by-case basis and assign support roles where appropriate. Managers are limited to one team only.

U7, U9, U11, U13

Head coach	The head coach holds final authority on team decisions and serves as the primary representative of the team to the club, league, and governing organization. Works and collaborates with Assistant coaches. Comes to practices with practice plan and sets game day line ups.
Assistant coach X2	Assistant coaches do not have final decision-making authority but play a critical role in player development and team success by executing the head coach's direction and contributing their expertise.
Trainer	No Trainer permitted for these groups.
Manager X1	Managers handle most of the communication between coaches and parents, book tournaments, and organize team details. Managers take care of game sheets, assign volunteers, track volunteer hours, and collect funds for tournaments or team-building events.





U15 & U17

Head coach	The head coach holds final authority on team decisions and serves as the primary representative of the team to the club, league, and governing organization. Works and collaborates with Assistant coaches. Comes to practices with practice plan and sets game day line ups.
Assistant coach X3	Assistant coaches do not have final decision-making authority unless head coach appoints them to do so. play a critical role in player development and team success by executing the head coach's direction and contributing their expertise.
Trainer	Trainer can be implemented at this age group but must be approved by the club. This has been used as a loophole for coaches to get out of meeting coach requirements, but this person must at a minimum have Current first aid training. CLUB WILL DETERMINE IF TRAINER APPROVED OR NOT FOR TEAM.
Manager X1	Managers handle most of the communication between coaches and parents, book tournaments, and organize team details. Managers take care of game sheets, assign volunteers, track volunteer hours, and collect funds for tournaments or team-building events.

